



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 15022, Fish, cusk, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	76.35	--	0.662	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	87	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	364	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	18.99	--	0.383	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	0.69	--	0.106	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.25	--	0.133	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
<strong>Minerals</strong>													
Calcium, Ca	mg	10	--	5.029	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	0.83	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Magnesium, Mg	mg	31	--	2.018	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Phosphorus, P	mg	204	--	17.349	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	392	--	14.022	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	31	--	5.357	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.38	76	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.018	74	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	36.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.042	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Riboflavin	mg	0.133	--	0.023	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	2.686	--	0.083	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.279	--	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-6	mg	0.387	--	0.085	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, total	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, DFE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	1.04	--	0.125	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin A, RAE	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	60	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
<b>Lipids</b>													
Fatty acids, total saturated	g	0.130	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Fatty acids, total monounsaturated	g	0.090	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Fatty acids, total polyunsaturated	g	0.280	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Cholesterol	mg	41	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
<b>Amino Acids</b>													
Tryptophan	g	0.213	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.833	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.875	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.544	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	1.744	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Methionine	g	0.562	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.204	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.742	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.641	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	0.979	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.137	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.559	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	1.945	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	2.835	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.912	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.672	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.775	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
<b>Other</b>													